

## A B S T R A C T

A sporting gear such as a roller skate or in-line skate, having a mechanism which allows a heel to be raised and lowered relative to a frame that supports wheels, and a brake mechanism which utilizes the  
5 structure of the mechanism.

First, two or more shafts are provided to a shoe, a plate for mounting the shoe, or the frame which supports the wheels so that the heel can be raised and lowered about the axes as fulcrums. Front and rear  
10 brakes are interlockingly connected to each other to form a brake interlocking mechanism by using a link mechanism, or a belt, chain, wire, or the like. When the heel is raised and lowered, a force is applied to the brake interlocking mechanism to be able to brake the  
15 front and rear wheels simultaneously.